

God is love and HE loves with incredible patience.

God designated Adam's very first day of life as a day of rest. God took the day off to celebrate life with His son, Adam. I really don't think that it was because God was weary after working so diligently for the previous six days. He Who is LOVE desired to spend time loving and being loved by His child and children.

Several hundred years later, God instituted a law, requiring His children to "Remember the Sabbath Day to keep it holy." The Sabbath day was a break day – an intermission – from the busy-ness of life. It was to be sanctified, set apart, as a special day of rest. I believe that God's goal for the Sabbath was not just a break from labor or natural-man activities, like a mini-vacation. It was to be a day in which man could engage in fellowship with his Father God. The intermission-day was a break from the stresses that natural life demands to the rest, restoration, and vitality found in the Spirit-to-spirit life of God's family.

Of course, mankind has never really pursued God nor this rest which He so graciously offers. *"As it is written, "there is none righteous, not even one; there is none who understands, there is none who seeks for God...* [Romans 3:10-11]

But this "rest" was so important to God that when He instituted the Sabbath Day, He warned that those who worked on or violated the Sabbath were to be put to death. [Ex.31:15]

Generally, mankind has ignored the call to sanctify the Sabbath as a time of intimacy with God – even under the threat of death. The Jews and later the church made it a part of a legalistic religious activity rather than a time of celebration and intimacy with the Living God. And they failed to find the rest of God and .....they .....**died**. By the millions –both Jew and Gentile – .....they died..... because life is found only in the Living God.

Life is found only in the Living God.

Then, in the letter to the Hebrews, we read, *"For if Joshua had given them rest, He would not have spoken of another day after that. (9) So there remains a Sabbath rest for the people of God. (10) For the one who has entered His rest has himself also rested from his works, as God did from His. (11) Therefore let us be diligent to enter that rest, so that no*

*one will fall, through following the same example of disobedience.* [Hebrews 4:9-11]

The Sabbath rest is a life of intimacy, fellowship, and reliance on the Living God. It is resting from the works of the natural man and being carried by faith in God and His powerful purposes. Without the Sabbath Rest there is only weariness, despondency, and death. That **REST** was not attained through Joshua's victories nor granted in the promised land because it is not land or prosperity or buildings or even peace which produce that rest. The Sabbath and the Sabbath Rest is about union with the Living God and that is the rest that is being offered in Hebrews. That is the rest which Jesus offered when He said, "***Come to Me, all who are weary and heavy-laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls.***"

[Matthew 11:28-29]

That is the rest which God is offering this weary world today and that is the rest which He invites us to know through a vital living ongoing relationship with Jesus Christ. It is not about religion or what we can do for God. It is about relationship with God out of which flows what HE DESIRES TO DO **FOR** AND **IN** and even **through** US! ***Therefore let us be diligent to enter that rest.***

It was purchased for us by Christ and is only found in intimacy with Him.

Grace to you and peace from God our Father through our Lord Jesus Christ.  
Amen.

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